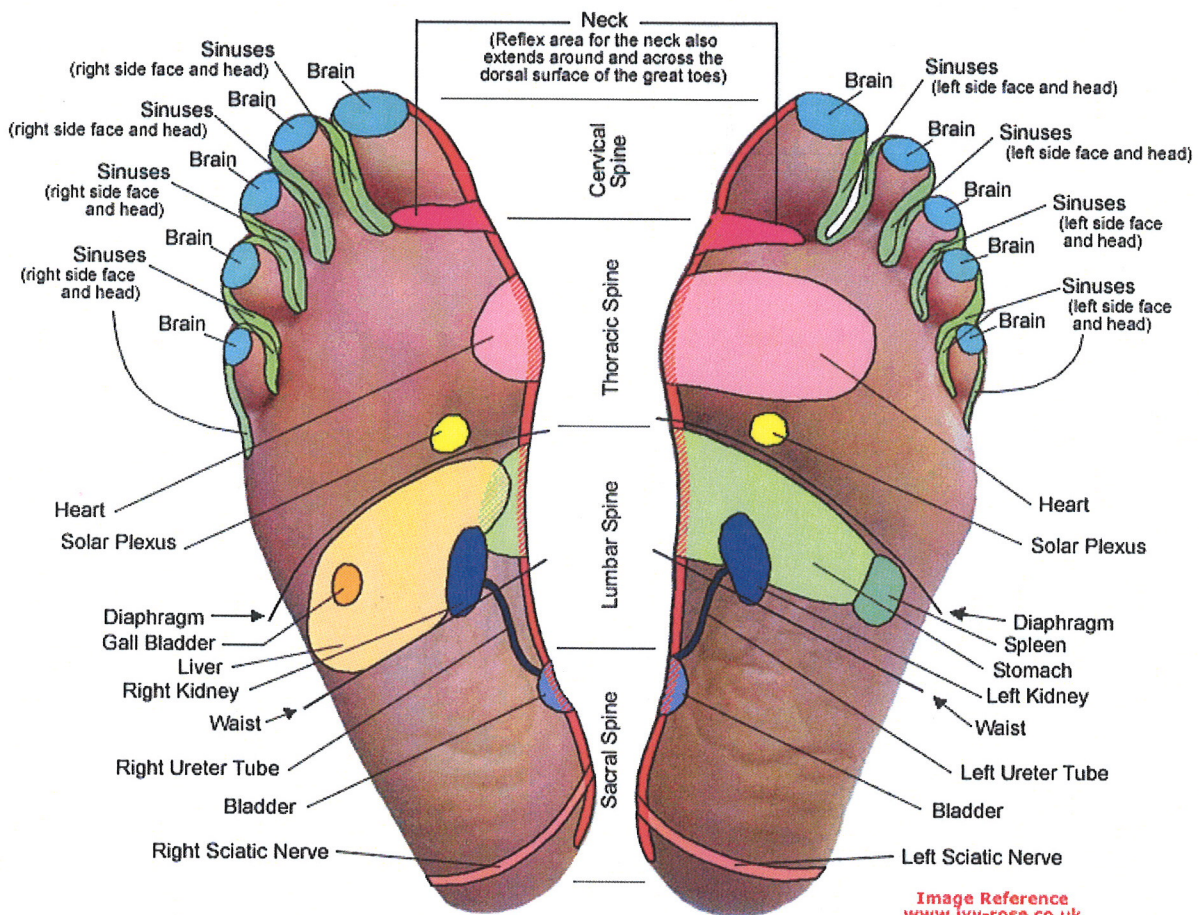


# Foot Reflexology Chart



To some people the idea that a foot massage can help heal the body seems quite strange. How on earth can massaging your feet help make you well? Reflexology can be defined as a science that works on the principle that there are areas of the feet, known as reflex areas, which correspond to all of the body's organs, glands and other parts of the body. Pressure applied to the reflex areas can bring about relief for symptoms of stress and tension, to improve blood supply and therefore improving general health.

